Course Number: BIOL2003

Course Title: Nutrition and Diet

Course Description: A study of the food we eat and the way our bodies use it in both health and disease. The fundamental principles of normal nutrition as a basis for making therapeutic diet adaptations is emphasized. The course is designed for, but not limited to, nursing students.

Instructor: Steve Candler

Instructor Bio: AAS Colorado Technical College, BS University of Arkansas at Monticello, MA Southern Arkansas University

Prerequisite: Must at least be eligible for Composition I. General Chemistry and Human Anatomy are suggested but not required.

Textbook Information: Nutrition for Health and Health Care, DeBruyne/Pinna, 5th Ed., Wadsworth/Cengage Learning**.**

Learning Outcomes:
1.   The role of the major nutrients in foods and their impact on human health and disease.
2.   Identifying valid scientific, nutritional information from a variety of sources.
3.   Analyzing personal diet and making improvements.
4.   Understanding the rationale for diet modification in major diseases.
5.   Understanding the role of medical professionals in the nutritional care of a patient.

On-Campus Requirement:
The final exam must be taken at an approved proctor site.

Modes of Interaction:
Entirely on line, self-paced, provided course deadlines are met.

Enrollment Procedures:
SAU Tech is an open admissions college; however, we have several items that you must provide in order to be admitted. These items are: Submit application for admission; Submit a high school transcript or GED, and official college transcripts from all previously attended colleges (if applicable); provide proof of two immunizations against measles, mumps and rubella; and take a placement test. Students enrolling must submit ACT, SAT, ASSET or COMPASS scores. Students can take the ASSET or COMPASS test at SAU Tech.

Students are responsible for all tuition and fees at the time of registration. Students must officially drop by written notice or in person in order to reduce their balance owed. If students never attend class, he/she will still be assessed partial tuition and full student processing fees, unless completely he/she completely withdraws during the 100% refund period.

In order for a student to drop a class, he/she must complete a drop form or send written request to his/her advisor. A $5 drop fee is assessed for drops that take place after the registration period ends.

Admissions Office Website: http://www.sautech.edu.edu/studentResources/admissions.aspx

Course Registration Website: http://www.sautech.edu/studentResources/advising.aspx

Technical Requirements and Resources: Students will need Internet access, Microsoft Word, Adobe Acrobat Reader, and the ability to send and receive e-mail attachments using the e-mail within Blackboard.

Library Website: http://www.sautech.edu/lrc/index.aspx

Bookstore Website: http://sautech.textbooktech.com

Adult Learner Resources: Online library and bookstore services can be obtained at the library and bookstore websites. Advising services can be obtained at http://www.sautech.edu/studentResources/advising.aspx.

Student Support and Learning Resources: Online library and bookstore services can be obtained at the library and bookstore websites. Advising services can be obtained at http://www.sautech.edu/studentResources/advising.aspx.

Other Considerations
Students must maintain contact with instructor and make progress in the course at least every two weeks (every week during the Summer Session). Work must be submitted to the instructor before deadlines listed within the course. The final exam must be taken at an approved proctor site.

Course Needs
- Microsoft Word – used to complete assignments and submit to instructor
  - Can be accessed via SkyDrive inside your student email account. FREE
  - Can be purchased from Wal Mart or other software vendor and will need to be loaded onto your computer
  - There is also a free product that works just as good as the Microsoft Office Suite. You can download it at http://download.openoffice.fm/free/?pk=26976
- Adobe Reader 7.0 or higher – used to read files in pdf format
  - Cost: Free
  - Can be downloaded to your computer from http://www.adobe.com/products/acrobat/readstep2.html
- Adobe Flash Player (7 or higher) – used to view study activities and demonstrations in Learning Strategies course
  - Cost: Free
  - Can be downloaded to your computer from http://www.adobe.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash
- Macromedia Shockwave Player 8.5.1 – used for interactive quizzes, animations and activities
  - Cost: Free
  - Can be downloaded to your computer from http://www.macromedia.com/shockwave/download/download.cgi?
- Windows Media Player – used to listen play audio files
  - Cost: Free
  - Comes as part of your Windows operating system
- Java – a technology that is required in order for Blackboard to function properly as well as some other programs that SAU Tech uses with its online classes (**Note: Only one version of Java can be running on your computer at a time.)**
  - Cost: Free
  - Can be downloaded to your computer from http://javashoplm.sun.com/ECom/docs/Welcome.jsp?StoreId=22&PartDetailId=jre-1.5.0_05-oth-JPR&SiteId=JSC&TransactionId=noreg

Note: Before beginning your online course, you should go ahead and make sure each of these programs listed above are loaded on your computer.